

MATTAPOISETT MARION ROCHESTER

PRESTO PRESS

758-2911

15 MECHANIC ST., MATTAPOISETT, MASS. 02739

POST OFFICE &
RURAL ROUTE
BOXHOLDER

Vol. XVIII No. 2
JAN. 13, 1971

Bulk Rate

U. S. POSTAGE

PAID

Mattapoisett, Mass.
02739

Permit No. 2



LOBSTER BOATS

are coming

MacLean's Sea Foods

UNION WHARF—FAIRHAVEN

997-9358



U-M-M GOOD

... all of Dot's 25 varieties
of hand-cut donuts!

996-5032

Closed Mon. RT. 6 HUTTLESTON AVE FAIRHAVEN

Dot's Donuts

Sign of The Times



HUTTLESTON PET SHOP

ROUTE 6, FAIRHAVEN. 997-0511

Pard Canned Dog Food **RABBIT PELLETS**

997-0511

PET SUPPLIES **KASCO Meal**

PET FOOD HEADQUARTERS



CANDY TREATS

150 VARIETIES OF HAND DIPPED
CHOCOLATES... FUDGE, HARD
CANDIES .. PENUCHE

COX'S CANDIES

ROUTE 6, FAIRHAVEN 996-2465



Father Gillespie, Mrs. Paul Pakos and the Reverend Donald Finley are shown as they met at an pre-organizational meeting of FISH on Sunday night. This organization which has performed valuable, continuous service in the town of Marion is now planned for Mattapoisett. FISH is designed to provide an opportunity for youth and adults to channel energy into an area where there is a great need. It is a challenge to young idealists which provides maximum satisfaction because of the person-to-person results.

**WE'RE RIGHT
ON ALL YOUR JOBS!**

LAWRENCE B.
MAXFIELD

#4371 REGISTERED SANITARY

MASTER PLUMBER

993-4663

55 MAIN ST., FAIRHAVEN



COVER - The Try Works of the bark "Wanderer"
Photo - Albert Cook Church

? More about **No-Fault Auto Plan**

Q. What about those deductibles, are they a good buy?

A. In most cases the dollars you would save aren't worth the benefits you'll lose. We'd be happy to discuss your needs.

Humphrey, Covill & Coleman

"The Friendly Insurance Office"

758-2224

Duff Building, New Bedford

997-3321

Silver Table Chest

Lined with Paci-
fic anti-tarnish
Silvercloth.

Stores 240 pieces.

Mahogany or walnut
\$98.00

ALBION B. STONE

Jeweler - Silversmith

160 Union Street

NEW BEDFORD, MASS. 992-2922



LEAN - SHORT SHANK
**SMOKED
SHOULDERS**
39¢ LB.

Heavy Steer
BONELESS
**ROAST
BEEF** 98¢ LB.



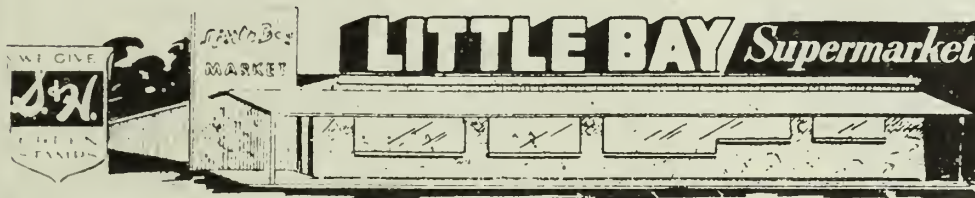
Betty Crocker
CAKE MIX
or Frosting Mix
3 FOR \$1.

Gold Medal
FLOUR
5 POUNDS 57¢

TYLER'S Coffee
SYRUP
3 PINTS \$1.

Kleenex 200's
Facial Tissue
4 FOR \$1.

Ocean Spray
**CRANBERRY
JUICE**
QUART 39¢



SCONTIGUT NECK, FAIRHAVEN

OPEN
THURS., FRI.
TILL 9 P.M.

PLENTY OF
FREE PARKING
SPACE

999-6449 . 999-6440

S & H GREEN STAMPS WITH EVERY PURCHASE EXCEPT BEERS AND WINES

FISH-A Joint Effort

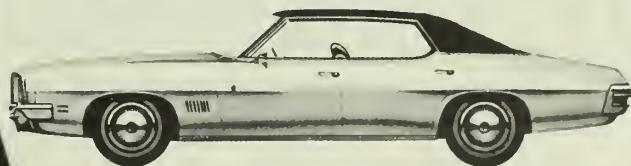
MATTAPOISETT FISH

An Answer to the Need for Help With the
Need to Care

FISH is the simple story of people helping
people, through the development of a tele-
phone answering service and the recruit-
ment of a corps of volunteers. It is based
on the concept of the community helping
itself by people helping one another.

Volunteers of all ages spend one day a
month coordinating telephone calls, pro-
viding transportation, hot meals, emergency
baby sitting and, in general, giving emer-
gency help to anyone who needs or wants
it. No one is asked to serve beyond his
capacity. Standing behind each Mattapoi-
sett FISH volunteer on call on any particular
day are other FISH members who have offered
specific services. The clergy of our churches
are available for consultation. There is a

WE'RE PROUD OF



ALL THE PONTIACS!

... And of our Quality Used Cars!

RICHARDS PONTIAC

TEL 763-8822 OPEN FRIDAY NIGHTS
YOUR DEPENDABLE PONTIAC - TEMPEST DEALER
MIDDLEBORO ROAD, E. FREETOWN - RT. 18

professional advisory board for emergency
assistance and there are community services
which stand ready to advise. There is no
charge or obligation. We are people who
care about people. We go, prompted by
LOVE, with willing hearts and willing hands

**FOR HEAT CALL
THE BLUE FLEET!**

Hathaway Oil Co., Inc.



**COMPLETE
HEATING SYSTEMS**

501 COUNTY STREET, NEW BEDFORD, MASS.

TELEPHONE- 993-1751

OIL BURNERS
SALES - SERVICE



EXTRA LEAN - TENDER
CENTER CUT
PORK
CHOPS 89¢ LB.

LOIN END
 3 LB. AVG.
PORK
ROAST 63¢ LB.

RIB END
 6 RIB PORTION
PORK
ROAST 49¢ LB.

SWIFT'S PREMIUM VACUUM PACK
GRADE A BACON JUST 69¢ LB.

Grade A New England
McIntosh
APPLES 39¢
 3 lb. Bag

NABISCO'S
NILLA
 VANILLA
 WAFERS **41¢** Pkg.
 12-oz. Pkg.

SYLVIA'S MARKET

758-2052 8 CHURCH STREET
 IN THE CENTER OF MATTAPOISETT

to perform little acts of kindness.

FISH not only gives help to the lonely, the troubled, the ill, but adds a new dimension to the lives of its volunteers. It enables them to emerge from the shadowy state of half-commitment and actually show their concern for their neighbor. The members of Mattapoissett FISH believe that a person lives more completely, works more effectively, is more human when he knows that he is loved by someone enough that all he need do is phone for help. The volunteer, in turn,

DONALD H. CHASE
 FAIRHAVEN ROAD
 MATTAPOISETT, MASS.
CONTRACTOR
BUILDER

ALMA'S YARN SHOP
 34 Middle St.
 Fairhaven, Mass. Tel. 996-0731
 1971 Linen
 CALENDAR
 TOWELS
 Daily 9:30-8:00 Sat. 6:00
 CLOSED WED.

JOHN L. CARLOS
 SALES AGENT FOR
ELECTRICIAN BOSTON LIGHTNING ROD CO.
ELECTRICAL CONTRACTING 758-2546
6 CANNON ST., MATTAPOISETT



for cold weather driving

Radiator check, Anti-Freeze,
 Snow Tires, Tune-Ups,
 Winter-weight oil. Complete!

ARCO
 Atlantic Richfield Company

WALTER'S ATLANTIC STATION

ROUTE 6, FAIRHAVEN - 996-9327

learns the deep satisfaction that comes from helping someone in a time of need.

FISH is for those who want to actually DO SOMETHING for their neighbor but can't spare much time from a busy schedule. All that is necessary is to be somewhere within reach of the answering service ONCE A MONTH.

It is for those who can't set aside a particular time each month but would be willing to offer one of the various services listed on the VOLUNTEER OPPORTUNITY FORM soon to be distributed to all Mattapoissett households.

FISH is for those who are ECUMENICALLY minded. FISH is joint effort of ALL people in Mattapoissett.

The needs of mankind are too great to neglect the talents we have to give. YOU are important. YOU have something to give to the world. It may be great or it may be small but the world is in need of what YOU have to give. Mattapoissett FISH is an opportunity for all to make their contribution to their fellowman --- NOW.

TO ENTER HOSPITAL

John Raphael of River Road, Mattapoissett,

• SAVE • SAVE • SAVE • SAVE •

2 FOR THE PRICE OF 1
 ONE-A-DAY VITAMIN C
 Buy 100 .. GET 100 FREE
 VIGRAN

200 for the Price of 100!

TINKHAM'S PHARMACY

ROUTE 6, MATTAPOISETT • 758-2904

MAKE YOUR DINNER RESERVATIONS for The

★ DON RONDO

★ DAVE McKENNA SHOW ...

SUNDAY, JANUARY 24th

The Breakers

RESTAURANT

Also ..Dancing to BOB MACHADO
Wed., Thurs., Fri., and Sat.

SUNDAYS - BILLY MARCUS

758-6775 Rte. 6 Mattapoisett at the Herring Weir



will be admitted for surgery at St. Luke's Hospital, New Bedford, on January 19th.

Building Fund Campaign

TOBEY HOSPITAL FORMS BLDG. FUND COMM.

The trustees of the Tobey Hospital have formed a Steering Committee to assist in the plans and preparations for the Building Fund Campaign to be launched in April. The purpose of this campaign is to raise funds for the new Susanna K. Tobey Wing now under construction. This addition will increase the number of beds available for the expanded health care needs of the community from 68 to 110.

The Steering Committee, at its meeting last Wednesday night at the First Congregational Church Parish Hall in Wareham, elected Edwin A. Whitehouse of Point Road, Marion, as chairman. In accepting this responsibility, Mr. Whitehouse pointed out that the Committee faced a very impor-

The Nest

Call and Your Order Will Be Ready

PIZZA



758-2901

ORDERS PUT UP TO TAKE OUT

OPEN EVERY DAY

4 p.m. - 12:45 p.m.

Fairhaven Road Route #6
at the Herring Run
Mattapoisett

ITALIAN CUISINE

COCKTAIL LOUNGE

- SPAGHETTI
- ANTIPASTO
- RAVIOLI
- CHICKEN CACCIATORI
- LASAGNA



WINTER

SALE

Don't miff this opportunity!

Fall and Winter items

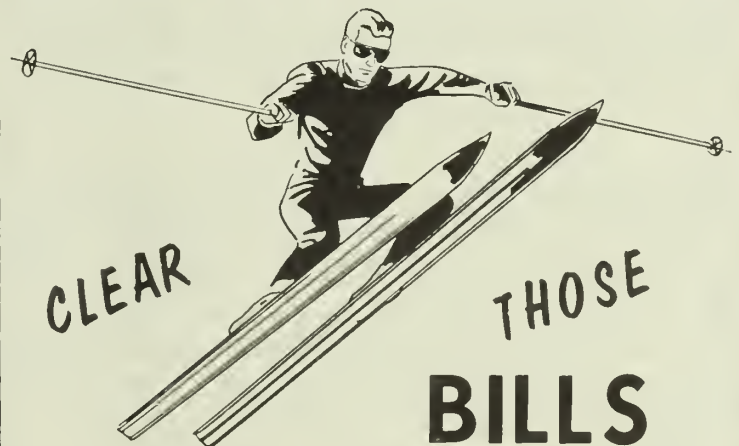
Begins Thurs.,
JAN. 14th



Boutique

Water St., Mattapoisett

10-12:30, 1:30-5:30



Full
Service
Banking

If you have the feeling you'll never get out from under, a Low-Cost Bank Loan may be the solution!

The National Bank of Wareham

36 MAIN ST., MARION 748-1500
237 MAIN ST., WAREHAM 295-2100
MEMBER OF F.D.I.C.



• GRAVEL
 • STONE
 • LOAM
 EXCAVATING -
 SEPTIC SYSTEMS
 CRANE HIRE



BUILDERS

PALLATRONI & GINGRAS, INC.

GENERAL CONTRACTORS



758-2996
 758-2988
 758-2587
 RT. 6 MARION RD.
 MATTAPOISETT

tant assignment and that its contribution of time and effort would go a long way toward determining the campaign's success. He said that membership had been selected in order to be as representative as possible of the hospital's service area plus personnel from the administrative, medical, and nursing staff. Additional suggestions for new members were encouraged in order to get as many people as possible involved.

The committee will select a campaign chairman, assist in organizing the volunteer teams necessary in the towns served by the Tobey Hospital, and serve as a sounding board and policy-making group throughout the fund-raising effort. It is planned to begin the formal campaign in April and

Pleasant View Gift Shop



758-2021
 January Hours
 Closed Mon.
 and Tues.
 Open 12:30-5:30
 BEAUTIFUL GIFTS
 Rte. 6, Mattapoisett

RUTH ATKINSON



Pillow Forms

For your Crewel work
 ROUND . SQUARE
 OBLONG
 384 Elm Street
 South Dartmouth

LANDSCAPING LOAM

CESSPOOLS PUMPED

CESSPOOL BACKHOE
 WORK
 J. F. Denham, Jr.
 9 HAWTHORNE ST
 MATTAPOISETT

WASHBURN

ELECTRICAL CO., INC.

ELECTRICAL
 CONTRACTING
 G.E. Major Appliances
 SALES & SERVICE
 Off Rte. 6, Marion
748-0238



Arrangements

to bring beauty to your home,
to friends, to shut-ins.

Melody Flower Shop

9-5:30 Mon.- Sat. WIRE SERVICE
 MAIN ST. WAREHAM 295-3211

complete it by the end of this summer.

It was also announced at the meeting that the medical staff has formed its own fund-raising committee to solicit all the doctors on the Tobey staff. The objective of this group will be to raise a minimum of \$150,000 out of a total need of close to \$1,500,000. Heading this committee are Dr. Elizabeth Gleason, president of the staff, and Drs. Finn, Gallison and Goldfarb.

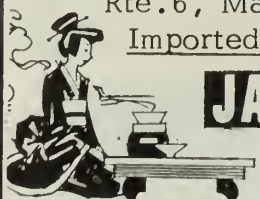
The current list of Steering Committee members follows with more to be added as the campaign gathers momentum: from Marion, Dr. Raymond H. Baxter, John Coburn, Jr., Dr. Matthew C. Finn, Dr. Davis T. Gallison, Maurice B. Makepeace, Arthur O. Wellman, Jr., and Edwin A. Whitehouse; from Wareham, Mrs. William M. Atwood, Theodore Baptiste, Miss Blanche Beaton, Robert A. Braman, Rt. Rev. John A. Chippen-dale, Mrs. C. Hammett Cowell, Leon David-son, John C. Decas, John Galligan, Dr. Elizabeth G. Gleason, W. Latimer Gray, Rev. John Griswold, Hulot W. Haden, Ed-ward M. Kiernan, Charles MacKenzie, Charles L. Rowley, Mrs. Raymond Stillman, Dr. Larry G. Seidl, Robert Tassinari; from Rochester, Mrs. John Gayoski and Mrs. Arthur Lionberger; from Mattapoisett, Mrs. Norman F. Kelley and Mrs. Walter E. Long-more; from Onset, Mrs. Samuel Goldfarb, from Carver, Mrs. Unno Penti; from Buzzards Bay, Sumner A. Towne; and Everett A. Ten Brook, Marion.

LIONS CLUB MEETING

The Mattapoisett Lions Club will meet this

JIMMY'S VARIETY STORE

Rte. 6, Marion, Mass. 748-0558
 Imported & Domestic BEERS & WINES



JAPANESE Saki

LOTUS FLOWER \$2.99
 FUKI \$1.75

JANUARY
Sale!
 Now
 in progress

Pam's
 DRESS SHOP
 Wareham Plaza



Wednesday, January 13th, at 7 P.M. at the Harbor Beach. Dr. Donald Nahigyan will show slides of his recent trip through Portugal and the surrounding area.

Facts and Anecdotes

ANTIQUE STUDY GROUP MEETING

Twenty-five people attended the monthly meeting of the Mattapoissett Woman's Club Antique Study Group. The hostess, Mrs. Albert Furnans, club president, gave a tour and talk about her home. It was built in the year 1790 under the direction of Captain James Snow.

The history of Mattapoissett's ten churches was given by Miss Jessie Peacock. Mrs. Kenneth Wood told of the early school districts and school buildings until the year 1898 when Henry Huttleston Rogers gave

The Unique Look of Paneling

Beauty... warmth... drama —
 genuine hardwood paneling...
 Select woods that are
 free of markings, or those
 with nature's artful burls
 and knots.

ROYALCOTE PANELING
 BRUCE PLY . MARLITE
 REGAL



EDWIN K. GREER CO.

57 MAIN STREET, WAREHAM . 295-3410

**We're Open
 All Day
 'til 7 pm
 Thursdays
 &
 Fridays**

*...That's
 BANKING,
 by George*

all day

We're open ^{all day} 'til 7:00 in the evening on Thursdays and Fridays because we know that this helps you with your personal pattern of weekend-coming-up banking and shopping.

We're open longer hours . . . **better** hours because we want to serve early risers just as well as we do evening savers! Here's the full story on our hours:

Monday & Tuesday 7:30 A.M.—3:30 P.M.

Wednesday 7:30 A.M.—noon

Thursday & Friday 7:30 A.M.—7:00 P.M.

We're open 43½ hours a week.

See you when it's convenient for you! That's banking, by George!

**FAIRHAVEN
 SAVINGS BANK**
(Fairhaven Institution for Savings) Incorporated 1832
 15 Center Street, Fairhaven, Mass. 02719



Giles H. Dunn

Real Estate and Insurance

Fairhaven Road, Mattapoisett 758-2412

Mattapoisett Center School. A report of telephones in Mattapoisett from 1900 was read by Mrs. James Harris with anecdotes told by Mrs. Ralph Dunn.

Mrs. Walter Jason and Mrs. Raymond Winslow assisted Mrs. Furnans with refreshments.

The next meeting, February 2nd, will be held at the home of Mrs. John R. Moynihan. Assisting the hostess will be Mrs. Edwin Perkins and Mrs. Joseph Holt. Mrs. Moynihan will give the history of Mattapoisett schools from 1898. Mrs. Edwin Perkins will report on Mattapoisett Spring Water Company, Mrs. Jason and Mrs. Andrew Sylvia will tell of Mattapoisett's summer theater, Mrs. James Hinman and Mrs. William Betts will talk about Mattapoisett's blacksmith shops, and a report on the peanut roaster factory and chair factory will be given by Mrs. Dunn and Mrs. Harris.

CHARLES W. DUPONTE
Landscape Gardener

Planting, Planning, Pruning and Maintenance
 Tel. 758-6508 Pine Island Rd., Mattapoisett

EDWIN L. PERKINS CO., INC.
PLUMBING AND HEATING
 Registered 6517
 George D. Heath, Jr. Peter B. Perkins
 758-3568 758-2786

Scott Armbruster
Building Contractor
 Old Marion Rd., Mattapoisett
 REPAIRS 758-2891 REMODELING

TONY'S P X

21 Church St., Mattapoisett

We also have
DAILY SPECIALS
 For Lunch
 and Dinner

OPEN Thurs., JAN. 14, 1971

BREAKFAST SPECIALS

Ham & Eggs . Bacon & Eggs . Sausage & Eggs
 With Grits or Home Fries & Coffee 99¢

BAY SCALLOPS \$1.65 CLAMS \$1.25

FISH 'N CHIPS 85¢ SEAFOOD PLATE \$1.65

SHRIMP \$1.45 STUFFED QUAHOG 35¢

HOMEMADE CHOWDER 40¢

Open 7:30 am, Closed 7 pm Mon. thru Thurs.
 Fri. 7:30 am to 8 pm. Closed Sat. and Sun.

Danger Crossing

The accident which took the life of 9-year old Jay Suchman, son of Mr. and Mrs. Charles Suchman of Point Connett, has underlined a fact in a tragic manner. The curve on that portion of the road is extremely dangerous because it is blind to any vehicle approaching the town. When compounded with the twilight visibility of sunset, it is doubly hazardous. In the best of visibility, on the straightest portion of the highway, crossing four lanes of traffic is to be avoided at all costs. It should be reemphasized to young people that use of the crossing lights is the only way to cross that road in relative safety. Even with the lights, the pedestrian must wait to be certain that all lanes are stopped. Strangers to the area periodically jump these lights.

While there is no way to cross Route 6 on foot in complete safety, crossing at the pedestrian lights does decrease the odds tremendously.

On New Year's Day, during the height of the blizzard, youngsters in East Fairhaven were sliding on the highway. This presents a

Make Us Your **ONE STOP**
 Dry Cleaning . Repairs . Shirt Service
 Finished Laundry . Rugs . Shoe Repair

WATCH-REPAIRING
 _ may be left at Village Cleaners

THE Village CLEANERS
 John & Martha Figueiredo
 Rte. 6, Mattapoisett. 758-2545

WE'RE CAUGHT WITH TOO MUCH MERCHANDISE

*Surplus
Stock*

LIQUIDATION

No Lower Prices in Town!

WALL TO WALL SALE
EVERYTHING MARKED
DOWN TO MOVE

Men's **SPORT COATS**
Single & Double Breasted
Reg. \$75.00 to \$125.00
SALE
\$52.00 to \$100.00

MEN'S **SLACKS**
Reg \$11 to \$45 **SALE**
\$8.80 to \$36.00

MEN'S **SHIRTS**
Plain Colors & Stripes
Reg. \$7.00 to \$15.00
SALE
\$5.60 to \$12.00

MEN'S **PAJAMAS**
Permanent Press
\$5.60 to \$10.40
Reg. \$7.00 to \$13.00

*Don't
DELAY
ACT
NOW!*

**OUT
GOES
the
SURPLUS
STOCK**

SPECIAL

LADIES' SUITS

Reg. \$38 to \$130.

\$30.00 to 104.00

LADIES' DRESSES

Reg. \$25 to \$78

\$20.00 to \$62.00

SPECIAL

LADIES' PANT SUITS

Reg, \$30 to \$160

\$24.00 to \$128.00

LADIES' SLACKS

Reg. \$13 to \$30

\$10.00 to \$24.00

SPECIAL

MEN'S

TIES

Reg. \$4.00 to \$10.00

SALE \$3.20 to \$8.00

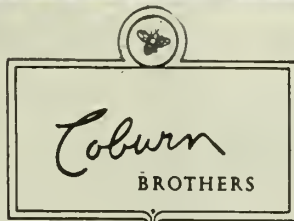
MEN'S SWEATERS

All Wool Made
in Scotland

Reg. \$19.00

SALE \$15.20

Distinctive Clothes and
Gifts for Men & Women



WAREHAM
PLAZA

You be the teacher.



Our new programmed cassette lessons let you teach yourself to play a Yamaha Electone organ the first day. See this breakthrough in music at

The Symphony Shop 758-6977

Rte. 6, Mattapoisett

John and Nancy Pandolfi

hair-raising hazard for the motorist as well as the children who do not realize the limitations of the automobile. A highway is simply no place for anyone on foot.

Youngsters should be reminded regularly to avoid Route 6 completely but, if necessary, to cross only at the pedestrian lights - at North Street or at Main Street.

Mattapoisett Grange

Mattapoisett Grange held its bi-monthly meeting last Thursday night with the worthy master Susan LaFleur presiding.

Guests were present from the following Granges: Oakland, Nemasket, Rochester, Marion, Fairhaven, Acushnet, Westboro and Pine Rock.

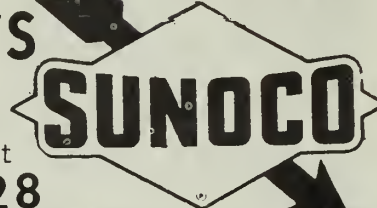
A Resolution was read on the death of Denman Morgan and a copy will be sent to the family.

A report was given on the delivery of Christmas gifts to the patients at the Mattapoisett Nursing Home by the worthy Pomona master and master and lecturer of the Subordinate Grange. Gifts to the Grange shut-ins were taken by the overseer, Mark Harris.



CALL US NOW TO BE
PUT ON OUR LIST FOR
**SNOW
PLOWING**

JOE'S



Rte. 6,
Mattapoisett
758-3328
ROAD Service

7 to 7
Daily

SERVICE STATION

Plans for the 74th anniversary January 21st were discussed. It is hoped that all past lecturers and past masters will be present.

A Conservation program was presented by Mark Harris, overseer of the Grange, and a member of the Town Conservation Committee.

His program opened with a reading by William Smith and Christine Day. A group of accordion selections was played by William Stratton.

Mrs. Barbara Welling, chairman of the Town Commission was presented by Mark, and she gave a very informative talk on the work done and being planned on saving our natural resources of Mattapoisett. She spoke of our woods, shore lines and the many things to be conserved for our beautiful town.

Help in any way is urged to carry on the work to be accomplished in our town. She displayed an interesting map laid out for Conservation information. She emphasized the danger of pollution.

The program closed with accordion and trumpet selections by William Stratton and Mark Harris respectively.

Refreshments of hot cocoa and doughnuts were served by George and Joan Randall.

WHIST PARTY

A public whist party will be held this



16 MAPLE AVE., MARION 748-0527

MR. FIX ALL Afternoon
Weekends
BOAT FIBERGLASSING
**SMALL APPLIANCE
REPAIR**
All cords & vacuums & hoses



NORMAND'S
AUTHORIZED SERVICE ON
R.C.A. Whirlpool
MAYTAG, G.E. SERVICE
PARTS & SERVICE on KENMORE WASHERS
87 Main Street, Fairhaven, **997-0978**

TIME FOR A CHANGE!

**Fresh
Fish**

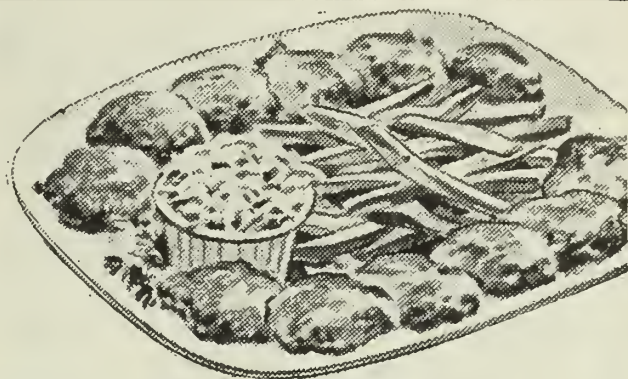
WE FILLET OUR OWN FRESH FISH

Fresh Grey Sole	Steaming Clams
Sea Scallops	Little Neck Clams
Bay Scallops	Boneless Haddock
Lobster Meat	Jumbo Shrimp
Live Lobsters	Fresh Cod

SEAFOOD CASSEROLE

4 tablespoons butter	2 cups flaked fish
4 tablespoons flour	(haddock, halibut)
2 cups milk	16 shrimp
1 teaspoon salt	3 hard-boiled eggs,
1 teaspoon curry powder	chopped
2 cups cooked peas	Grated cheese

Prepare white sauce of butter, flour, milk & seasonings. Add fish, peas, shrimp and chopped eggs. Grease casserole, fill with mixture, and sprinkle with cheese. Bake until brown. Serves 8.



Cooked Plates

KITCHEN OPEN

FRI. & SAT.

WINNER

5 lbs. SHRIMP

EDWARD J. LEARY

21 Pleasant St.,
Marion

FISH ON THE WHARF

MATTAPOISETT WHARF

758-4488

OPEN WED. THRU SAT.

CLOSED SUN., MON. & TUES

Saturday, January 19th, at 8 P.M. at the St. Rose of Lima Church hall in Rochester. Refreshments will be served. Mrs. Walter Wojtkonski is chairman.

Boosters' Events

HOCKEY MEETING

The All Sports Committee at Old Rochester invites parents of Bulldog hockey players to a meeting on Thursday, January 21st, at the cafeteria at the high school. Hockey players and their coaches will be present.

BASKETBALL MEETING

On Thursday, January 14th, at 8:00 P.M., the All Sports Boosters' Club is planning to have a basketball coach referee on hand to explain the rules of the game. A basketball film also will be shown.

Anyone who is interested is welcome to attend.

BASKETBALL CLINIC

A basketball clinic under the supervision of John Shockro, head basketball coach at Old Rochester Regional, will be held on Saturday, January 16th, at 10:15 A.M. at

SPECIALS!

1968 Chevrolet Biscayne

4-Dr. Sedan, 25,000

Miles. WAS \$1,595.

Now \$1,395.

1968 Plymouth Fury VIP

4-Dr. Hard Top

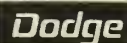
WAS \$2,295.

Now \$1,995.

69 DODGE Coronet 4-Dr. (Police)	\$1,495.
68 PLYMOUTH Fury III Convertible	1,795.
67 DODGE Dart GT 2-Dr. Hard Top	1,495.
66 CHEVROLET Monza 2-Dr. Hard Top	495.
66 DODGE Coronet 500 2-Dr. Hard Top	995.
66 CHEVROLET Malibu	795.
66 FORD Fairlane XL 500 2-Dr. Hardtop	1,095.



DEALERS



HILLER CO., INC.

748-0019

FRONT ST., MARION
& Rte. 6 at 4 Corners, Marion



MATTAPOISETT PRESTO PRESS

SKIP THE MIDDLEMAN
COME DIRECT TO HILLMAN'S
FOR REPAIRS **AND SAVE!**

GENERAL AUTO REPAIR

FRONT ENDS • MUFFLERS • BRAKES

RADIATOR REPAIR & RECORE

TUNE UPS • TAIL PIPES

VINYL TOPS

Expert AUTO BODY
FENDER
REPAIRS

Wrecker Service
Auto Painting

HILLMAN'S AUTO BODY

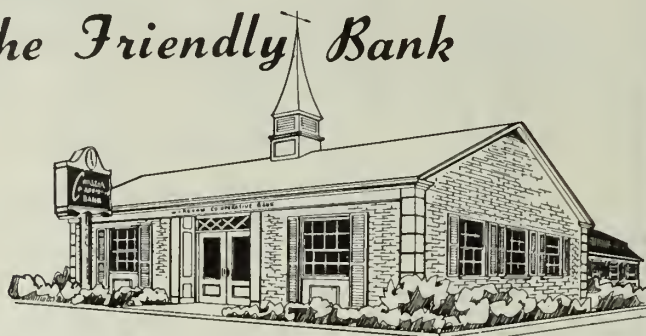
Rte. 6, Mattapoissett . OPEN SATURDAYS

EDWARD HILLMAN **758-6589**



Save at

The Friendly Bank



WAREHAM Co-operative Bank

261 MAIN STREET, WAREHAM, MASS TEL 295-2400

For the more physical as well as mental health of us all, Hatha Yoga classes meet on Thursday mornings at 10:00 A.M. This 10-week session begins January 14th, but it is still possible to join the group. And due to many requests, Marcia Ingraham has consented to conduct Yoga classes for teenagers on Tuesday afternoons beginning January 19th, at 3:00 P.M.

And finally, if you like to just sit and enjoy great works of art, a slide-lecture series featuring great masters in the history of art will begin in February. The specific dates and lecture titles will be announced next week. For more information call Mrs. Lawrence Bidstrup, 748-1035. So don't hibernate this winter! The Marion Art Center exists for your education and enjoyment.

the Old Rochester Regional High School. All interested youngsters between the ages of 8 and 12 years old from Marion, Rochester and Mattapoissett are invited to attend this instructional clinic.

Art Center a Busy Spot

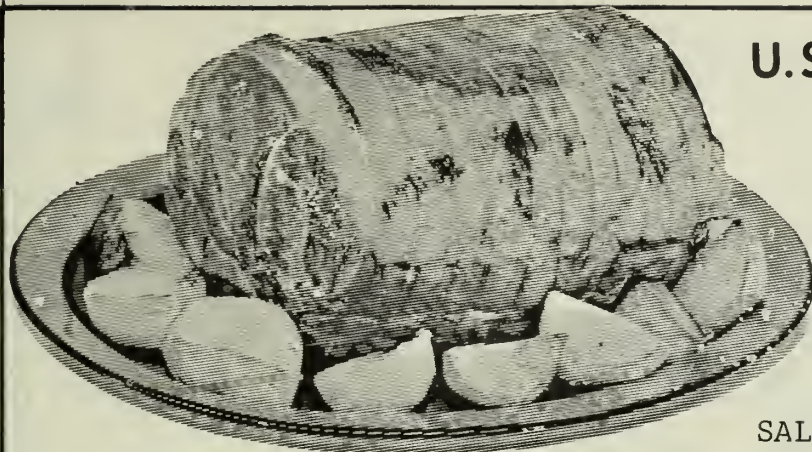
"MARY, MARY" AT ART CENTER

The Marion Art Center is not asleep! The theater group is in full swing preparing for opening night, January 22nd - the production of "Mary, Mary". The gallery has received a new coat of paint in anticipation of an Art Lending Service exhibit. It is hoped that anyone needing a lift during this bleak season will stop in any Thursday afternoon, have a cup of tea and rent a painting. If you prefer your own creations, the studio will reopen for winter art classes on Tuesday, January 19th, at 9:30 A.M. for a 10-week session with Sarah Brown instructor. Another drawing and painting class will meet on Thursday evenings from 7:30 to 10:00 P.M. beginning January 21st with Joe Alexander instructor.

Voter Registration

Registrations are now being accepted at the Town Clerk's Office at the Mattapoissett Town Hall for voting at the annual Mattapoissett election and town meeting. You may register Tuesday evenings from 7 to 9 for the next 5 weeks and Saturday, February 6th, from 1 to 3. The deadline is Wednesday, February 10th, at 10 P.M.

Nomination papers for the Mattapoissett town election are now available from Mrs. Lois Ennis, Town Clerk. Deadline for picking up nomination papers is 5 P. M., Friday, January 22nd. The papers must be filed by 5 P.M. on Tuesday, January 26th.



U.S.D.A. CHOICE STEER BEEF

STEAK ROAST

SALE begins Thurs., Jan. 14 thru Sat., Jan. 16

U.S. CHOICE

**FACE RUMP
ROAST \$1.¹⁸ LB.**

THE TENDER FLAVORFUL
OVEN ROAST

U.S. CHOICE

**Bottom Round
POT ROAST
\$1⁰⁸ LB.**

U.S. CHOICE

**TOP ROUND
ROAST \$1²⁸ LB.**
A DELIGHTFUL ROAST
WITH THE
TENDERNESS OF STEAK

**Roland's
Markets**

U.S. CHOICE

**GROUND
STEAK
89¢ LB.**

SAVE 10¢ lb

FULL POUND

Oscar Mayer
**BACON
79¢ LB.**

SAVE 30¢ lb

MAPLE LEAF

**SMOKED
SHOULDERS
49¢ LB.**

SAVE 30¢ lb

MAPLE LEAF Skinless
FRANKFURTS

95¢ Pound Pkg.

GREEN TREE
HOLLAND HAM

2 Pound Can \$2.⁷⁴

Pound Pkg. GOOD LUCK
MARGARINE

2¢ off Label **33¢** 4 1/4 lb. Sticks

**FRESH
WASHED**

SPINACH

29¢ Pkg.

LARGE SIZE
FLORIDA

ORANGES

59¢ Doz.

FRESH - CRISP

CELERY HEARTS

29¢ Pkg.

Duncan Hines

**BROWNIE
MIX**

49¢ Pkg

10¢ off Label
23 oz. Pkg.

I.G.A.

SALTINES
POUND PKG.

29¢ Box

HUNT'S

MANWISH
Sandwich

35¢ Can

I.G.A.

JUMBO Roll
PAPER

TOWELS

31¢ Roll

County Road, Mattapoisett
Delivery Service 758-3731

951 Brock Ave., New Bedford

NBC

WAVERLY WAFERS
11 1/2 oz. Pkg.

39¢

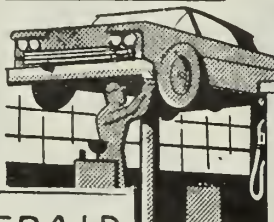


MORGAN'S CITGO SERVICE

ROUTE 6, MATTAPOISETT

PICK UP & DELIVERY

**BALL JOINT &
King Pin Work**



GENERAL AUTO REPAIR

TUNE UPS

TIRES

BRAKES

by Cooper

MUFFLER

Prestolite BATTERIES

Automobile ACCESSORIES



ALA ROAD SERVICE

SNOW Plowing 758-6794

A Point of Interest...

Editorial, D.C.J.

This past week when violent vandalism was directed against the Soviet Embassy in Washington, D.C., high officials expressed grave concern for the safety of United States' nationals in Moscow. A rather close parallel might be drawn to illustrate what might have occurred had the Vigilant impulsively snatched the defector. Things are never so simple as they seem to people who have no responsibility in the matter.

James A. Bungert, Inc.

CUSTOM BUILDER • CABINET MAKER
MATTAPOISETT

AL'S RADIO & T.V. SERVICE
ZENITH SALES & SERVICE



TV's, Radios, Transistors, Portable TV's Lic. #94
Zenith Cassette Player Recorders and Hi Fi
3 Brandt Island Rd., Mattapoisett. 758-2089

PHOTOCOPIES

NEW EQUIPMENT TO GIVE YOU QUICK
CLEAR ELECTROSTATIC COPIES.

NABF

NORTH AMERICAN BUSINESS FORMS, INC.
34 BARSTOW STREET, MATTAPOISETT. 758-6962

PRICES

10 or Less... 25¢ ea.
10-25... 20¢ ea.
25 or More... 15¢ ea.

The Pinafore



'THE HOUSE OF NEEDLECRAFT'

171 Marion Rd., Wareham. 295-1986

Mon. thru Sat. 9:30 - 5:30. Fri. til 9



QUALITY YARNS

RUG SUPPLIES and PATTERNS

NEEDLEPOINT CREWEL

CANVAS, BURLAP and MONK'S CLOTH

Mattapoisett Woman's Club

A story hour will be held at the Mattapoisett Public Library this Saturday morning, January 16th, from 10:30 to 11:30 for children 4 years old through grade 2. This is sponsored by the Mattapoisett Woman's Club. Storytellers will be Gail Dunn and Nancy Clark.

A meeting of the Legislative Group will be held Tuesday, January 19th, at 9:30 A.M. at the home of Mrs. Leonard Burnham. Interested members of the club are invited to attend.

The literature group will meet at 9:30 A.M. on Wednesday, January 20th, at the home of Mrs. Roger Kelley, North Street. Newspaper editorials will be read and those attending will also give their New Year's resolutions.

Legion Activities

HAM AND BEAN SUPPER

Florence Eastman Post, American Legion, Mattapoisett, will hold a Ham and Bean Supper on Saturday, January 23rd, from 6 to 8 P.M. at the Legion Hall. The proceeds will benefit the Boys' State Fund. The Post plans to send two boys again this year.

Tickets may be obtained from Joseph Nunes, 758-2914; Elmer Sylvia, 758-3309; John DeCosta, 758-2310; in Marion, Robert P.

SEPTIC SYSTEMS • BACKHOE

SERVICE • DOZER SERVICE

POURED FOUNDATIONS • GRAVEL

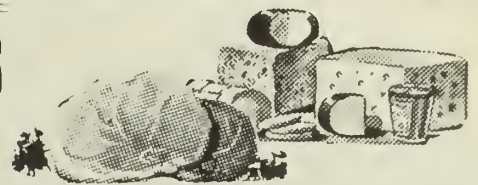
FRANK J. LINHARES CO.
758-4456 INC.

Hot 'n' Hearty Meal Ideas

MON.	STUFFED Peppers	STUFFED Cabbage
TUES.	CHILI	
WED.	American Chop Suey	
THURS.	KALE Soup	
FRI.	Baked Stuffed LOBSTER	Baked Stuffed SHRIMP
SAT.	Baked Beans	
SUN.	ROAST BEEF	

Every Day

POTATO SALAD . COLE SLAW
MEATBALLS



Assorted **Cheeses & Meats**
SLICED FOR YOU
(None Pre-packaged)

SANDWICHES and SUBS
STEAMED HOT DOGS

Village
DELICATESSEN

OPEN 11 AM - 8 PM Daily . SUN. 9 to 8

ROUTE 6, MATTAPOISETT

Next to the Post Office. 758-2431

Nunes, 748-1246. Some tickets will be sold at the door.

"Dine-In '71"

LIONS CLUB SPONSORS "DINE-IN"

The Mattapoisett Lions Club is sponsoring "Dine-In '71". Buy coupon books for \$2.00 and pay full price for the first meal and the second meal will be half price. The coupons will be honored at the Breakers, Mattapoisett Inn's Privateer Room, Bourne Mill and the Windjammer. Coupon books are available at the Big 3 Hardware, Tinkham's Pharmacy, Jim's Village Barber Shop, Al's Barber Shop and WBSM, or contact any Lions Club member. The coupons are good from January 13th to March 31st.

Y.W.C.A. Events

The World Fellowship Committee invites women in the area to the benefit clam chowder luncheon and silent auction on Wednesday, January 20th. This will take the place of the usual Weekly Luncheon at the YWCA. Serving time is 12 noon and the auction follows. Profits will be used for the World Fellowship Fund. White elephants, novelties, bazaar items and duplicate Christmas gifts are needed for sale and these should be left at the main desk before January 20th

if convenient or they may be brought the day of the sale in time for marking during

Hoover SPECIALS

HOOVER MODEL 1020
REG. \$69.95 — \$54.97

OPTIONAL ATTACHMENT KIT
REG. \$14.95 — \$9.97

- These Hoovers "beat, as they sweep, as they clean"
- New 4-Position Rug Adjustment for best cleaning on all carpet from high-pile shag to indoor/outdoor
- Two-speed motor
- Large disposable bag • Converts easily for optional attachments



*maximum efficiency
on any type carpeting*

BIG 3

33 COUNTY RD. (Rte. 6) MATTAPOISETT

Call 758-3571 or 758-6633

Mon. - Fri. 8 - 5:30 Saturday 8 - 5:00

Drive With Safety

BEAR Wheel Alinement

If your car wheels are out of balance, it is costing you dollars and miles of tire wear. Come in for an inspection!

We use only top quality

DELCO PARTS when needed

COMPLETE AUTOMOTIVE SERVICE

MURRAY F. DECOFFE AUTOMOTIVE SERVICE, INC

Free pick-up and delivery service Hrs. 8-5 p. m.
Route 6 - Mattapoisett Tel. 758-2153



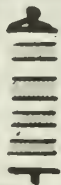
the luncheon.

A seminar on "Transcendental Meditation" as taught by Maharishi Mahesh Yogi will be held at the YWCA Friday, January 29th, at 7:30 P.M. Everyone interested is welcome to attend, including men and women and all ages. This seminar will be the third in the introductory series of the subject. Panel members will be Mrs. Ellen Hunt, Miss Cindy Lou Ferreira, Mr. Jay Holsen and Mr. Gerald McGrath. Miss Lena Graham will be moderator. The panel group will be represent-



PAINTING

CLEMENT LECONTE
Experienced Painting,
Papering, Refinishing
CALL 763-5680



AL'S BARBER SHOP

"For a Good Haircut" Al Morgado

19 CHURCH ST., MATTAPOISETT CENTER

IS YOUR GANG HAVING A TRIP?

Why drive your car? Call

ARENBERG BUS

CO., Inc. CHARTER BUS SERVICE

New Bedford Rd., Rochester RO3-5707



R.M. SHERMAN Contractor & Builder

Custom Homes, Remodeling
Repairing ROCHESTER



Wrap your love in a "LoveBundle."



And put a LoveBug next to her heart.

This FTD Valentine's bouquet comes with a lift-out corsage called the LoveBug. She wears it on Valentine's Day.

Order early

**H.V. Soule
FLORIST**

EST. 1889

249 ASHLEY BLVD.
NEW BEDFORD, MASS. 02746 TEL. 997-7866

ing students international Meditation Society, a non-profit educational association.

Reservations should be made for dinner and dancing sponsored by the Solo Parents Club at English Coachman January 23rd at 8:30 P.M. for members and their guests, with the club president.

Among the paintings of Gerald McGrath now on exhibit open to the public for this month in the YWCA lobby are portraits in oils, water colors, acrylics, some crayon drawings and one tapestry. One water color is a copy of William Blake's drawing, "The Ancient of Days".

Now teaching English in the non-English speaking program at DeValles School, Mr. McGrath was formerly in the Peace Corps in Borneo, Malaysia, where he was responsible for teaching English. In resuming painting following this two year gap, Mr. McGrath's emphasis is surrealistic in tone expressing inner feelings rather than naturalism. Mr. McGrath considers the content of paintings to be the feeling effective in the viewer.

Some of the paintings are humorous in the artist's opinion and should be enjoyed for what they are and not viewed in a very serious state of mind. In surrealistic style some subjects are expressed in cartoon fashion. Mr. McGrath, a native of New York, is much interested in botany and transcendental

Shady Willows Kennels

AKC REGISTERED

GERMAN SHEPHERD PUPPIES

Boarding . Poodle Clipping

Vitamins, Collars, etc. 758-2038
FAIRHAVEN RD., MATTAPOISETT



CLEARANCE

Suits

NOW

Were \$75. to \$125. \$59.80 to \$99.80

Sport Coats

NOW

Were \$45. to \$69.50 ... \$35.80 to \$54.80

Coordinating

Trousers

NOW

Were \$15.95 to \$32.50 .. \$12.80 to \$25.80

Shirts

NOW

Were \$5. to \$15. \$3.80 to \$10.80

Sweaters

NOW

Were \$10.95 to \$29.95 .. \$8.80 to \$23.80

Knit Shirts

NOW

Were \$4. to \$19.95 \$3.20 to \$14.80

Outer Coats

NOW

Were \$19.95 to \$55. \$15.80 to \$43.80

Top Coats

NOW

Were \$37.50 to \$135. ... \$29.80 to \$99.80

Dress Hats

NOW

Were \$13.95 to \$16.95 .. \$9.80 to \$12.80



Sale

PENDLETON

Blazers

Were \$23.00

Now

\$10.80



APPAREL BY

Bill Haley

253 MAIN ST., WAREHAM

295-2222

meditation.

Mrs. Samson Segall, art committee chairman, invites artists who are interested in exhibiting their work in the YWCA lobby to call the Y office.

Adult Ski Club's ski weekend, January 15-17 in Vermont has all spaces filled, but Mrs. Irene Pereira, president, announces that it is not too late to join the club and to register for the February and March trips.

Adult Ski Club meets the first Tuesday and third Thursday with a program of physical fitness and sports in the gymnasium following a business meeting at 7:30 P.M. Membership is open to married couples and single young people. The next meeting is scheduled for January 21st.

Hobbyists and collectors, young and elderly, are wanted by "Together" groups at the YWCA to demonstrate their "thing". The group meets Wednesdays from 3:30 to 5 P.M. Inquiries regarding details will be gladly answered at 999-6201.

5 1/2%

90 DAY NOTICE ACCOUNTS

\$500 minimum

with interest
compounded

Daily



WAREHAM SAVINGS BANK

■ 226 MAIN STREET, WAREHAM

■ 117 MAIN STREET, FALMOUTH

4 CORNERS COIN LAUNDERETTE

RT. 6 & FRONT ST., MARION

Open 7:30 am to 10 pm
Open Sundays

**COIN-OPERATED
LAUNDRY**

FINISHED LAUNDRY
SHIRT SERVICE

DRY-CLEANING

**28 MAYTAG
WASHERS**

12 lb. **35¢**
LOAD

BY  **ATHAWAY'S
LAUNDRY INC.**
Since 1871
COMPLETE DRY CLEANING
AND LAUNDRY SERVICE

Entertainments for informal ward performances are needed for YWCA USO programs at Newport Naval Hospital in February and March.

USO Junior Volunteers planning to attend dances at Newport Naval Hospital must notify their group officers or YWCA three days in advance of the dance so that transportation can be arranged.

Little Theatre Group needs more girls from grades 4, 5 and 6 for their winter production of "Hobbit's Holiday" written by Kathy Sabatowski, former leader of the group.

Cosmopolitan Group meets Friday, Janu-

J. SOUZA & SON

Fairhaven Rd., Mattapoisett

SEPTIC SYSTEMS

ENGINEERED - INSTALLED - SERVICED

Happiness Is

SELLING YOUR HOUSE

JOE TRAVIS REAL ESTATE

758-2430 . Massasoit Way, Mattapoisett

PAINTING CONTRACTOR

BILL WOOD

Interior and Exterior *Free Estimates*

Tel: 758-6066 Pico Beach Road Mattapoisett

PRYCE'S GREENHOUSES

Marion Rd., Mattapoisett 758-2348 758-2424



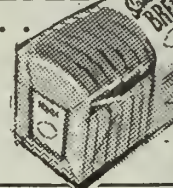
SILVA TRADING POST

Trading Post Plaza, Rt. 6, Mattapoisett

NEW LARGER STORE

DAVID MAPLE CREMES
3 PKGS. FOR \$1.00

7 Days a Week: 8 AM - 11 PM
COLD CUTS . BREAD . MILK



ary 15th at 7:30 for an evening of sports and conversation. Sports clothes are suggested and sneakers are required for activities. College students and young people interested in international outreach are invited to attend.

We're Eating-but Not Well!

YOU ARE WHAT YOU EAT

You have a good income, you eat more than your share of three square meals a day, you might even be overweight -- yet, the simple fact is that you may be suffering from malnutrition. Today, more than ever, there is a need for realistic nutritional information to help guide Americans in their daily food choices. The urgency for people to utilize the information is even more pressing. Man cannot live on potato chips alone ... or soft drinks, or candy --- yet, too many of us skimp on nutrition and fill up with one-dimensional meals.

So serious is the problem that in February 1968 the Secretary of Agriculture summed it up by saying: "We must conclude that many Americans are making a poor choice-nutritionally-of our food abundance, and that to a large extent income does not determine a good nutrition...There is need for better nutrition information to help guide people in decision making."

Acting on the concern of the Food Retailer's Panel of the White House Conference on Food, Nutrition and Health, Food Coun-

758-2711

992-5666

RUSSELL I. PEIRCE

ELECTRICIAN

Master

Fairhaven Rd.
Mattapoisett, Mass. 02739

Journeyman

National Wholesale

DISTRIBUTORS

SPECIAL Honda C-Q 50 \$ **189**.95
MINI BIKE

ROUTE 6, MATTAPOISETT. ACROSS FROM THE TOWNE SHOP. 758-3384
HOURS: MONDAY THRU FRIDAY 9 to 5. SATURDAY 11 to 5

cil of America is reactivated. This umbrella organization of food industry trade associations has begun to mobilize the industry into a nationwide voluntary Nutritional Awareness Campaign. The council is acting on evidence that even those people who have sufficient money to spend on food give little attention to healthful buying. We have become a nation with very poor eating habits.

What constitutes adequate nutrition? Briefly, it means that each day, a person's diet should supply protein for growth and body repair, vitamins and minerals to keep the body functioning properly, and fats and carbohydrates for energy.

What is a balanced diet? All foods contain some nutrients but no one product meets all requirements for balanced nutrition. However, balanced nutrition can be easily obtained by eating a variety of foods.

The Nutritional Awareness Campaign is

trying to make people aware of the basic four food groups that are essential to good nutrition: fruits and vegetables, milk products, meat, fish and poultry; and breads and cereals.

Servings of fruits and vegetables should include one rich in Vitamin C: grapefruit, oranges, cantaloupe, strawberries, broccoli, brussel sprouts, green peppers and sweet red peppers and asparagus. These provide

ROAST PRIME RIBS

CARVED AT YOUR TABLE
AS THICK—AS MUCH AS YOU LIKE

ROAST DUCKLING

LUNCHEON from \$1.25 DINNER from \$2.95

3 PRIVATE FUNCTION ROOMS

SUNDAY
BREAKFAST BUFFET

12 to 2 PM **\$2.25**

Children under 10—\$1.50

Starting January 17

SUNDAY
BUFFET

5 PM to 10 PM



Steamship Roast	Ham Salad
Baked Glazed Ham	Salad Bowl
Roast Turkey	Noodle Privateer
Seafood Newburg	Pickled Beets
Roulade of Veal	Little Necks
Shrimp Bowl	Deviled Eggs
Fresh Fruit Bowl	Pastry Tray
Potato Salad	Assorted Breads
Cold Asparagus Tray	Garlic Bread Beverage

IRVING BOOKSTEIN'S

PRIVATEER ROOM

AT THE MATTAPOISETT INN

WATER ST.—MATTAPOISETT—RESERVATIONS 758-4922

SNOW TIRE



RECAPS SALE

VILLAGE SERVICE STATION

Mobil

• RT 6, MATTAPOISETT

758-6772

Open Daily 7 am to 9 pm. Sunday 9 am to 9 pm

Captain Vin's

Rte. 6, Opp. P.O. Mattapoisett
Open 10 AM - 1 AM

NOW - Come in and watch

Boston Bruins Hockey

On COLOR TV, UHF Channel 38

ENJOY YOUR FAVORITE
MIXED DRINK YEAR AROUND



healthy gums and body tissues. Products rich in Vitamin A are dark green or yellow fruits and vegetables such as apricots, broccoli, carrots, cress, kale, pumpkin, spinach, sweet potatoes and winter squash. Other fruits and vegetables provide smaller amounts of these vitamins, but provide needed variety. A daily diet of four servings of the Vitamin A and C products can insure growth, normal vision, and healthy condition of skin and other body surfaces.

Milk products are a leading source of calcium, necessary for healthy bones and teeth. Additional nutrients provided by milk include protein, riboflavin and Vitamin A.

WINTER
Clearance

Sale!

In all
departments

JOSSELYN'S

174 Main St., Wareham. 295-2575
WOMEN'S & CHILDREN'S



LAST CALL for Cro-
cheted TURBANS \$3.98
While they last. All
colors. NEW SHIP-
MENT Colorful BERETS
\$1.98. RAIN HOODS
All Colors 97¢. Gloves
(long white nylon) \$3.25

Louise Hat Shop
MAIN ST., WAREHAM

Showroom Phone Residence
993-3575 992-6343

JOHN J. HARNEY JR.
RUG CONSULTANT

308 Purchase St., New Bedford

Johansen's

514 Pleasant St. New Bedford

Have your portable
typewriter serviced

NOW Free Pick-Up
Marion & Matt.

E Z TERMS • 996-4621

SALES - REPAIRS - RENTALS

Locksmith

PACKARD

PAINT AND
LOCK SHOP

Located at the Park-
ing lot on Main St.,
Wareham at the rear
of Houle's Jewelry

295-0162

LOUIE'S TUB MILL BROOK BARBER SHOP

758-6960

FOR THE
HAIRCUT OF
DISTINCTION
Louie Galavotti
PLENTY OF
PARKING SPACE

RT. 6, MATTAPOISETT



Children should be served three or four cups of milk a day, teens, four or more cups and adults, two or more cups. However, cheese or ice cream can be substituted for part of the daily milk servings.

Beef, veal, pork, lamb, poultry, fish and eggs are high in protein which is needed for growth, repair of body tissues, enriching muscles, organs, blood, skin and hair. They also supply significant quantities of the B vitamins. Two or more servings should be included in your diet everyday. Substitutes could be dry beans, peas or nuts.

Four or more servings of the bread/cereal group should be a part of everyone's daily diet. This group includes bread, cooked cereals, ready-to-eat cereals, cornmeal, crackers, flour, grits, macaroni, spaghetti, noodles, rice and baked goods. These foods also contain protein, iron and several B vitamins.

All of these foods are sources of nutrition and it doesn't matter whether the foods are fresh, canned or frozen. In fact, many times, canned foods save the nutritional day for homemakers. If a vegetable, fruit, meat or other type of food is out-of-season or hard to obtain, chances are good that you can find it in a can. The canning process maintains the food's fresh flavor and nutritional quality due to the vacuum sealed containers, making your grocer's shelf a virtual horn of plenty. Nearly 1400 different

Clearance Sale!

REFRIGERATOR, FREEZER,
STOVE .. One Each!!

MONTGOMERY WARD

Catalog Store
161 MAIN ST
WAREHAM
295-9500

HOLD EVERYTHING! Don't buy a thing until you see the fabulous bargains in our terrific end-of-season

Clearance Sale

OPEN:

Mon., Tues.,
Wed., Sat.
9:30 to 6:00
Thurs. & Fri.
9:30 to 9:00



42 Main St. & Rte. 6
758-2700 Mattapoisett, Mass.

USE YOUR
Towne Shop
Charge
BankAmericard
Master Charge
Lay Away Plan

SORRY, NO LAY AWAYS ON SALE ITEMS.
All Sales Final

canned food items and combinations are packaged, including vegetables, fruits, juices, milk, meat, seafoods, soups and infant foods, as well as a variety of specialty items.

These canned items can also give you nutrition-on-a-budget, since many times fresh out-of-season food can be very costly. Canned foods, however, are available at all times, and are usually much more economical in this form.

Now that you know about nutrition and the four basic food groups, how do you go about planning sound nutritional meals? Simple. Start at the supermarket where you do your shopping. Allow 3/4 of your budget for the four basic food groups, never loading the shopping cart with one to the detriment of the others. Remember, canned items are designed to keep for long periods of time so they will be available when you need them. After you've spent 3/4 of your budget, then allow yourself to spend the rest



GOOD SELECTION OF
Beers and Wines

ITALIAN SWISS COLONY

Rhineskeller, Vin Rosé,
Chianti \$2.15

Frank's 1 1/2 Gal.
PACKAGE STORE

Rte. 6, Mattapoisett, near
Fairhaven line. Frank Linhares, Prop.

Mon-Fri 10am to 10pm. Sat. 9am to 11pm.
DELIVERY 6 to 8 PM. 758-4451

PRESCRIPTIONS



Your line

to EXPERT
PROMPT
CAREFUL
Service

997-9408

DELIVERIES TO MATTAPoisett

Fairhaven Pharmacy

ROUTE 6, EAST FAIRHAVEN

Postage Paid

BOTH

Ways



On ALL BANK-BY-MAIL TRANSACTIONS
For many, banking-by-mail is the easiest, most convenient way ... whatever the weather or the hour. Service is speedy and the postage is on the house!

But if you'd rather come in, fine! We always like to see you. We take our banking personally.

**NATIONAL BANK
OF FAIRHAVEN**

75 Huttleston Ave., Fairhaven 999-5681 **Member**
ON THE HIGHWAY, ROUTE 6 **FDIC**
Acres of Free Parking—Or Use Our Drive-Up

PRESTO PRESS

15 MECHANIC ST., MATTAPOISETT, MASS. 02739

Donald C. Jason, Publisher - Editor

Subscription \$5. per year. Single copy 10¢

758-2911



WHEELGATE ANTIQUES, RTE. 105, ROCHESTER, 10 A.M. - 5 P.M.
CLOSED SUNDAYS & MONDAYS, BUYING & SELLING.
TELEPHONE 763-2068.

CHAIR CANING - CANING INCLUDING SPECIAL WEBBING
FOR SHAKER CHAIRS OR SPLINT (NO RUSH OR FIBER).
CALL 758-2133 8 to 10 A.M. or 6 P.M.

KNITTING NEEDS & SEWING SUPPLIES
KAY'S KNIT'N SEW, 33 PARK STREET, MATTAPOISETT. 758-6637.
CLOSED MONDAYS.

WILL BUY ANY OLD GLASS, FURNITURE, CHINA, PAINTINGS OR
ODDS & ENDS. IF MOVING OR BREAKING UP HOME WILL BUY
ANYTHING OLD. CALL 994-8090.

HAVE A HEART! PLEASE DON'T WAIT UNTIL THE DEADLINE
FOR NEWS AND ADS - DEADLINES ARE THE LAST POSSIBLE
MOMENT. DEADLINE FOR NEWS & WANT ADS-MOND. 10 A.M.

ANTIQUES
WE BUY, SELL - SINGLE ITEMS OR ESTATES
CAPE COD HOUSE, 48 NORTH ST., MATTAPOISETT 758-3892

BOARDING DOGS & CATS. HEATED INDIVIDUAL QUARTERS.
GROOMING. LOOK'S ACRES KENNEL, ROUTE 105,
ROCHESTER, TELEPHONE 763-5748.

ELECTRIC APPLIANCE SERVICE - WASHERS, DRYERS, DISH WASH-
ERS, REFRIGERATORS, ETC. ALL MAKES. WASHBURN ELECTRICAL
CO., MARION. TELEPHONE 748-0238.

AL'S WHOLESALE MEATS
COMPLETE HOME FREEZER SERVICE
MARION ROAD, MATTAPOISETT. TELEPHONE 758-3832

TOM DUNN, MATTAPOISETT, 758-6537, YOUR LOCAL ASHLEY
FORD SALESMAN OFFERING THE NEW '71 FORD LINE. ALSO
USED CARS AND TRUCKS. SEE OR CALL HIM AT 996-5611.

VISIT DOLL LAND! BETTE ANN DOLL HOSPITAL INC. RESERVATION
ROAD, MATT., TEL. 758-6420. DOLL REPAIRS, WIGS, CLOTHES
REMADE, COSTUMED, ANTIQUE, REPRODUCTION & RAG DOLLS.

DRY WOOD. CUT ANY SIZE.
ALSO BALED HAY.
CALL EVENINGS. TELEPHONE 758-2932.

WANTED TO BUY- ALL TYPES OF USED BOOKS - STORED IN ATTICS,
CELLARS, GARAGES, ETC. WILL PURCHASE COMPLETE LIBRARIES.
FAIRHAVEN BOOK SHOP, 107 MAIN ST., FAIRHAVEN. 994-0663

WINTER SCHEDULE - OPEN MON., TUES., THURS., FRI. & SAT.
8 to 5. CLOSED SUN. & WED. SIPPICAN-BURNHAM NURSERY,
INC., STATE ROAD, MATTAPOISETT, MASS. TEL. 758-3351.

FOR YOUR ALTERATIONS AND DRESSMAKING
CALL ALICE THOMAS AT
MAHONEY'S LANE. 758-2842.

1812 HOUSE ANTIQUES, BOLLES CORNER, MATTAPOISETT.
10 A.M. - 5 P.M. AND BY APPOINTMENT.
WE ALSO BUY - CALL 758-6267.

REUPHOLSTERING
QUALITY WORKMANSHIP AT REASONABLE PRICES.
CALL 758-3592.

PINE FURNITURE REPRODUCTIONS MADE TO YOUR ORDER. BOOK-
CASES MADE TO FIT YOUR SPACE. HANDCRAFTED FURNITURE
EITHER FINISHED OR UNFINISHED. BY JOE CALLAGHAN, PINE
ISLAND GIFT SHOP, RTE. 6, MATTAPOISETT. TEL. 758-6574.

HELP WANTED - ANY LADY INTERESTED IN WORKING
PART-TIME PLEASE CALL 758-6778 or 758-2584. TONY'S P.X.

DEADLINES - MONDAY 10 AM FOR NEWS AND WANT ADS

TOWN OF MATTAPOISETT, MASSACHUSETTS PUBLIC NOTICE

RUBBISH PICK UP

The Tuesday Rubbish Pick-up includes all of North Street from
Route 6 to the Rochester line. Also included are all of Acushnet
Road, Long Plain Road to the Acushnet line and every other side
street within that radius.

DAVID N. HALEY
JOHN FIELD
DONALD LINHARES
BOARD OF SELECTMEN

January 13, 1971 Mattapoisett Presto Press

TOWN OF MATTAPOISETT, MASSACHUSETTS BOARD OF HEALTH

PUBLIC NOTICE

Sealed bids are requested by the Board of Health for mainte-
nance of the Town Dump for a period of 5 months from February
1, 1971 to July 1, 1971.

Specifications obtainable at the Board of Health rooms Tues-
day nights or home of Dennis Sylvia, Randall Road, most eve-
nings.

Bids must be in not later than 7:30 P.M. Tuesday, January
26, 1971 at the Board of Health Room, Town Hall, Mattapoisett,
Mass. Bids will be opened Tuesday, January 26, 1971, at
8:00 P.M.

The Board of Health reserves the right to accept or reject any
or all bids.

DR. STANLEY MYSLIOWY
DR. HAROLD W. WOODCOCK
DENNIS SYLVIA, AGT.
BOARD OF HEALTH

Jan. 6, 13, 20, 1971 Mattapoisett Presto Press

HIGH SCHOOL SENIOR GIRL DESIRES PART-TIME
EMPLOYMENT AFTER SCHOOL & WEEKENDS.
CALL 758-6566 AFTER 2:30 P.M.

BUNDLES OF DRY HARDWOOD, FIREPLACE WOOD - 8 to 9 PIECES
FIREPLACE LENGTH, BANDED WITH PLASTIC STRAPS, \$1.75
BUNDLE, PICKED UP. CANNEL COAL IN STOCK. DENNIS
MAHONEY & SONS, INC., FAIRHAVEN ROAD, MATTAPOISETT.

CUSTOM MADE SLIPCOVERS. ALL STYLES OF FURNITURE
AND CUSHIONS COVERED. CALL NOW FOR APPOINTMENT.
TEL. 995-7180 ELSIE MARTINS

FOR SALE - COMPLETE WORKING 10- GALLON
FISH TANK WITH FANCY GUPPIES.
\$30.00. CALL 758-4951.

FOR SALE - AKC BLACK MINIATURE POODLES.
SEVEN WEEKS OLD.
TELEPHONE 758-6986.

FOR SALE - 1964 FORD COUNTRY SQUIRE, 9 PASSENGER, POWER
STEERING, AUTOMATIC TRANSMISSION. EXCELLENT CONDITION.
758-2157. DECOFFE'S STATION, 3 COUNTY RD., MATT.

AKC ST. BERNARD - AT STUD. (EXCEPTIONALLY
MASSIVE). X-RAYED AND NORMAL. CHAMPIONSHIP LINES.
CALL 758-6721.

NU-BRITE JANITORIAL SERVICE. COMPLETE RESIDENTIAL AND
COMMERCIAL CLEANING, BONDED & INSURED. WINDOWS
WASHED, FLOORS WASHED & WAXED, CARPETS CLEANED IN
HOME OR OUR SHOP. CALL 759-5012 (COLLECT) or
295-1558 (Not Collect).

MOVING, MUST SELL GAS DRYER, 3 YEARS OLD. NEED ELECTRIC
DRYER. FOR SALE, STEREO COMPONENTS, ELECTRIC STOVE, 19
FOOT CORINTHIAN. CALL R. EUSTIS, 758-3525.

ANTIQUES
REPAIRED AND REFINISHED
F. A. TERWIEGAR, 48 NORTH ST., MATTAPOISETT. 758-3892.

DISPLAY AD DEADLINE - FRIDAY AT 5 PM

Yes, we do
SNOW PLOWING!
(Among other things)

NEIGHBORHOOD

758-2655



55 County Road, Mattapoisett
Next to the A & P

on things the family likes, but which may have no particular nutritional value .. such as sodas or candy. In this way, you'll be able to have nutrition and the trimmings too.

Remember, you are what you eat is all too true. And if your eating is nutritionally sound, you'll be healthy as well as wise.

Coffee House News

HAVE YOU HEARD OF HERO EUSTIS?

We, at the Mattapoisett Coffeehouse are going to honor our heroes, Cmdr. and Mrs. Eustis, on Friday, January 15th. This is

TIDES

	High		Low	
Jan.	AM	PM	AM	PM
13	8:52	9:10	2:16	2:46
14	9:34	9:52	2:46	3:16
15	10:10	10:34	3:22	3:46
16	10:52	11:16	3:58	4:16
17	11:34	12:04	4:34	4:52
18	12:22	-----	5:16	5:28
19	0:52	1:10	6:04	6:16

MATTAPOISETT
POLICE 758-2323

MARION POLICE 748-1212

ROCHESTER
POLICE 295-3377

"A man is a lion in his own cause."
Scottish Quotation

only a small token to show our deep appreciation for all that they have done for us. Come to St. Anthony's Church basement at eight o'clock with your usual fifty cents admissions fee.

Kathleen M. Lynch

GIRL SCOUT COOKIE SALE

Girl Scouts will conduct a cookie sale in Mattapoisett on January 22nd to raise money for their activities throughout the year. The price of the cookies will be \$1.00 but the box contains double the amount than in previous years.

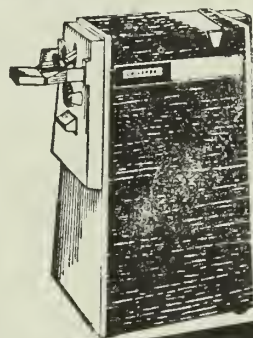
PRICES

Slashed!

CELEBRITY

Electric

Can Opener



WAS \$9.95... \$7.95

LARGE Roasting
Pan 99¢ NOW 89¢

MUFFIN PANS & Brown &
Serve Pans NOW

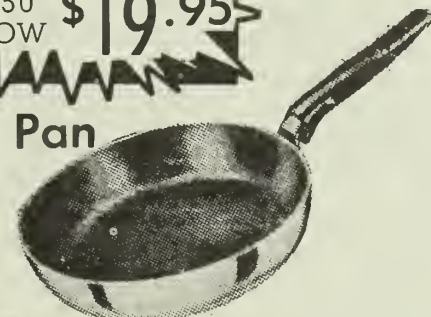
SPECIAL
CORDLESS
Electric Knife
WAS \$26.50
NOW \$19.95

40¢

Teflon Fry Pan

10" Size

WAS \$3.60
\$2.95



758-6921

Mon.-Sat. 7:30-4:30

DMahoney

DENNIS MAHONEY & SONS INC
RT. 6, FAIRHAVEN RD, MATTAPOISETT



OUR 52nd ANNUAL

JANUARY

Sale

SAVINGS IN EVERY DEPARTMENT

SPORTS JACKETS

WERE \$50⁰⁰ to \$70⁰⁰

NOW \$39⁹⁰ to \$56⁹⁰

BE SURE TO CHECK THE ENTIRE STORE
FOR VALUES. BIGGER THAN EVER!!

Newman's

'ON CAPE COD'

Smart Apparel and Sportswear

203 MAIN STREET WAREHAM

Wareham

Buzzards Bay

Sandwich

OPEN FRIDAY NIGHT UNTIL 9